

# DINNERLY



## Reduced-Carb Provencal Chicken with Olives and Green Beans



25 minutes



2 Servings

Fancy a quick, reduced-carb dinner that will take you to the south of France? Cook chicken in a tomatoey sauce with herbs and olives, then serve with buttery beans for a taste of the flavours of Provence.



## WHAT WE SEND

- 150g green beans
- free-range chicken thigh fillets
- 2 chicken-style stock cubes
- 400g can cherry tomatoes
- 30g pitted kalamata olives
- 5g Italian seasoning <sup>17</sup>

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 garlic cloves
- 125ml (½ cup) boiling water
- 1½ tbs olive oil
- 1 tsp white wine vinegar <sup>17</sup>
- ¼ tsp sugar
- 20g butter <sup>7</sup>

## TOOLS

- medium deep frypan or saucepan with lid
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 490kcal, Fat 36.0g, Carbs 11.9g, Proteins 31.8g



### 1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Trim the **beans**. Cut the **chicken** into 3cm chunks and season with **salt and pepper**. Crumble **1 stock cube\*** into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve.



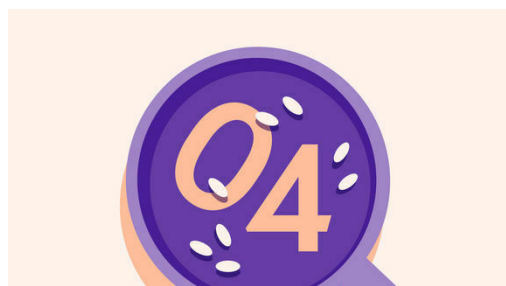
### 2. Brown chicken

Heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the **chicken** for 2 mins each side or until browned. Remove from the pan.



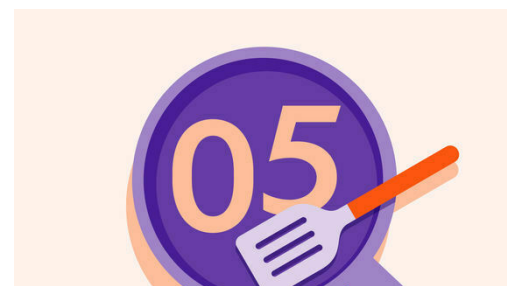
### 3. Simmer sauce

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **garlic**, stirring, for 30 secs or until fragrant. Add the **tomatoes**, **olives** (see Make it yours), **stock** and **Italian seasoning**, then bring to the boil over medium-high heat and cook for 5 mins or until the sauce is slightly reduced.



### 4. Add chicken

Reduce the heat to medium, then add the **chicken** and cook, covered, for 5 mins or until the sauce is thickened and the chicken is cooked through. Remove the pan from the heat and stir in **1 tsp white wine vinegar** and **¼ tsp sugar**. Taste, then season with **pepper**.



### 5. Cook beans and serve up

Meanwhile, bring a small saucepan of water to the boil. Cook the **beans** for 2-3 mins until just tender. Drain, then return to the pan over medium heat. Add **20g butter**, season with **salt and pepper** and toss until melted and combined. Remove the pan from the heat. Divide the **Provencal chicken** among bowls, serve with the **buttery beans** and enjoy!



### 6. Make it yours

Not everyone loves olives. If you like, leave them out of the sauce and serve them at the table for those who do like them.